



OCEAN AIR RECREATION CENTER

4770 Fairport Way - San Diego, Ca 92130

Office: (858) 552-1687 Fax: (858) 847-9907

www.sandiego.gov/park-and-recreation



ACTIVITY PROGRAM

REGISTRATION BEGINS: SATURDAY, AUGUST 19, 2017

MOST CLASSES BEGIN WEEK OF SEPTEMBER 1, 2017

SEE PAGE 3 FOR REGISTRATION DETAILS.

PROGRAMS, FEES & HOURS ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION

PARK & FACILITY INFORMATION

On behalf of the Ocean Air Recreation Council, **WELCOME** to your local recreation center! We are excited to continue to provide wonderful recreation services and programming to our community.

OCEAN AIR RECREATION COUNCIL

This group of concerned citizens volunteer their time to advise Park and Recreation staff on matters related to park and recreation programs, community events, and equipment. They plan, promote, publicize, and help provide recreation opportunities for citizens in the Ocean Air boundaries. Groups, clubs, and leagues using the parks are encouraged to send a representative to the meeting.

Meetings are open to the public. We encourage and welcome your participation. The Ocean Air Recreation Council meets every 4th Tuesday of each month at 7:00pm at the Ocean Air Recreation Center. If you are interested or have concerns about your neighborhood parks and recreation center, please attend the meetings or join the council. Looking forward to seeing you at Ocean Air.

FACILITIES AVAILABLE

Ocean Air Park and Recreation Center is a City of San Diego Park and Recreation Department facility that is free and open to the public during designated hours.

- Indoor basketball/volleyball/badminton courts
- Two meeting rooms*
- Age appropriate playground
- Passive picnic areas
- Picnic shelters*
- Barbeques
- Lighted Outdoor basketball court*
- Lighted Multi purpose fields*
- Fitness Area
- Trailhead to Carmel Mountain Preserve

*Open to paid reservation, pending availability.

NEIGHBORHOOD PARKS

Torrey Hills	4262 Calle Mejillones
Sage Canyon	5252 Harvest Run Drive
Carmel Valley Pool	3777 Townsgate Drive
Carmel Valley Skate Park	12600 El Camino Real

For other neighborhood parks in your area stop by the Recreation office and inquire with staff. Reservations for the above listed areas including, but not limited to, sports field use, gazebos, party jumps, and special events, please contact Ocean Air Recreation Center (858)552-1687. Events with 50 or more people **MUST** have a approved permit.

HOURS OF OPERATION

Monday	11:00am - 8:00pm
Tuesday	11:00am - 8:00pm
Wednesday	9:00am - 9:00pm
Thursday	11:00am - 8:00pm
Friday	10:00am - 9:00pm
Saturday	8:00am - 6:00pm
Sunday	Closed



HOLIDAY CLOSURES

September 4 - Labor Day
November 10 - Veterans Day
November 23 - Thanksgiving



WALK-IN REGISTRATION

Only available when a supervisor and staff are present, please call office for assistance.

Park Use, Recreation Center Use Permits are taken by appointment only "No Walk-ins".

Please contact the Center Director at (858) 552-1687 to make an appointment.

All hours are subject to change without prior notification.



GENERAL PARK RULES

- No field use during school hours
- No smoking
- No littering
- No golfing
- No glass
- No soliciting
- No motorized devices
- No remote controlled devices
- Keep dogs at a safe distance from playground
- No overnight camping
- No open camp fires
- No skateboards, bikes, scooters, or roller skates
- Dogs must be on a leash at all times



REGISTRATION INFORMATION

CLASS REGISTRATION BEGINS:

Saturday - August 19, 2017 at 10:00am

REGISTRATION

- * Registration is taken on a first come, first serve, basis, online or in person. Phone or mail registration is not accepted.
- * When classes fill to capacity, waiting lists are formed. Classes *may* be expanded to accommodate additional students.
- * If classes do not meet minimum enrollment, they will be cancelled and a full refund will be issued.

PAYMENT METHOD

- Payment is required at the time of registration.
- Payment methods taken at the Center are credit card, **EXACT** cash or check payable to **OARC**.
- Online class registration from home requires credit card payment.
- Credit cards accepted are VISA, MasterCard, American Express and Discover. No debit cards.
- A \$12 fee will be charged for all returned checks.
- Financial assistance is available. Please submit the application to Recreation Center office one week prior to the start of registration.
- Class fees are not prorated/discounted after the beginning of the scheduled session.

REFUND POLICY

- * Refund request forms **MUST** be submitted PRIOR to the 2nd scheduled class meeting.
- * Refunds for camps and leagues must be submitted PRIOR to the first day/game.
- * To obtain a refund, a OARC Refund Request Form (obtain at office) must be completed and submitted with your receipt.
- * All requests take 10 business days to process.
- * No partial refunds or make-ups for missed classes.

REGISTER ONLINE!

Online registration activity numbers are assigned for each class and are appear in brackets; e.g. (6262)

ONLINE REGISTRATION

You may register online for all contractual programs offered by the Recreation Council using the Online Activity Registration System.



Log onto: www.SDRecConnect.com

Returning Customers (previously registered for classes online)

Click the "My Account" button. Enter your Login (email) and password.

Log in with this password to activate your account. First-time Online User?

New Accounts – click on the "Create Account" button. Fill out the New Account request form completely, including all required fields (Birth date, gender, email address, etc.) and click submit. Please submit your request only once. You will receive a confirmation email at the email address that you provided. Please follow directions provided to active account.

***Please Note: (For first time users only) Parents/Guardian must create there own account first using there own information. Once you have an online registration account, you will have the opportunity to add a child as a family member.**

If you need help, please click the FAQs (Frequently Asked Questions) button for information .

THERAPUETIC RECREATION SERVICES

All classes or programs can accommodate individuals with disabilities. For programs that are sponsored by the Recreation Council, the City of San Diego Therapeutic Recreation Services may provide inclusion aides as additional assistance along with the contractual program staff. Aides will only be provided upon availability. Requests for this service must be made at least three weeks prior to the first day of the program. For more information on Therapeutic Services call 619-525-8247. Rental programs are required to provide reasonable accommodation for individuals with disabilities. Contact program provider to discuss.

WINTER REGISTRATION DATE

Winter Brochure available online

October 21, 2017

Registration for WINTER begins

Saturday, November 18, 2017 at 10am

Most classes begin week of

December 1, 2017

RECREATION CENTER & PARK INFORMATION

GYMNASIUM USAGE

A monthly gym schedule is available at the recreation center for all free play activities. Times are subject to change without prior notification. **Drinks, food, and black soled shoes are prohibited from the gymnasium, no exceptions! Open play schedule is available at the recreation center at the beginning of each month.**

OPEN BASKETBALL

Free play basketball is available both inside and outside on a first come, first serve basis until full court games are ready to play. See gym schedule for indoor free play hours. All ages are welcome.

OPEN VOLLEYBALL

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play hours. All ages are welcome.

OPEN BADMINTON & PICKLEBALL

Participants are required to set-up and break down nets and poles. See gym schedule for indoor free play badminton and pickleball hours. All ages are welcome.

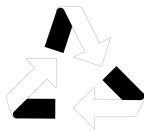
No organized play, practice or instruction is allowed in the gymnasium without an approved permit.

FIELD USAGE

The Ocean Air and Sage Canyon Joint-Use Fields are a partnership between the City of San Diego and the Del Mar Union School District. The playing fields are closed to public for use 1/2 hour before the start of the school day bell and up until a 1/2 hour after the end of the school day bell. For availability & permitting call the Ocean Air Center Director at (858) 552-1687.

RECYCLE

There are marked recyclable containers throughout the park. Keep the park clean by RECYCLING! Please do not overflow the containers. Let the office know if cans are full.



AED

For patrons in cardiac arrest, an Automated External Defibrillator (AED) is located inside the Ocean Air Recreation Center lobby.



CONTRACTUAL PROGRAM VS. RENTAL PROGRAM

Ocean Air Recreation Center offers a variety of programs for the youth which are provided through the means of two different sources; Contractual programs and rental programs. Contractual programs consist of independent contractors that have been approved by the Ocean Air Recreation Council as a sponsored program. Rental programs are commercial companies that rent out the facility to offer their programs and activities for the community. Please see below for specified requirements:

Requirements for Independent Contractors:

All contractors, sub-contractors and volunteers must be finger-printed through the City of San Diego Live Scan Process.

Contractors must submit a business license and proof of insurance. City staff handles all registration for the program. Contractors must provide Worker's compensation coverage for all their employees.

Requirements for Permit Holders/Rental Programs:

Must provide proof of insurance.

Must provide own advertisement for program.

Handles all registration for their programs.

Rental programs are NOT required to submit proof of fingerprinting for their coaches, volunteers and/or instructors.

Permit Holders/Rental programs are identified with a * triple asterisk in this program.**

*Master Sports, Little Rascalz, Little Rookies T-Ball, San Diego Rhythmic Gymnastics, SD Basketball.Com rent facility space from the City of San Diego at the Ocean Air Recreation Center to operate their programs. Distributing registration and program information is the responsibility of these individual businesses. **Please contact them directly for all program inquiries.**

CARMEL VALLEY***

SPORTS ORGANIZATIONS

Carmel Valley Lacrosse - blacklax@att.net

DMCV Sharks - dmcvsharks.com

North Shores Girl Softball - northshoregirlssoftball.com

San Diego Youth Rugby - sandiegoyouthrugby.org

Del Mar Little League - dmll.org

T. Pines Football & Cheer - torreypinespw.com

Bourrisa Del Mar Soccer - borussiadelmar.com

Adult Basketball - sandiegobasketball.com

Adult - Bio-Tech Co-ed Softball League - 858-453-6208



YOUTH CONTRACTUAL CLASSES

Dance to EvOLvE

Tiny Movers (3 - 4 yrs)

A combination class of tap, ballet, tumbling and dance games.

Star Shiners (4.5 - 6 yrs)

A combination class of tap and ballet.



Beat Breakers (4 - 7yrs)

Calling all boys and all girls for this high energy hip hop dance class.

SATURDAY

9:30 - 10:25 - **Tiny Movers**

15 Week (43195) - 7 Week (43193)- 8 Week (43191)

10:30 - 11:25 - **Star Shiners**

15 Week (43184) - 7 Week (43188) - 8 Week (43189)

11:30 - 12:25 - **Beat Breakers**

15 Week (43186) - 7 Week (43187) - 8 Week (43185)

SESSION DATES / FEES

15Week: Sept. 9 - Dec. 23 Fee: \$232.00

(This class is a 10% Discount)

7 Week: Sept. 9 - Oct. 21 Fee: \$120.00

8 Week: Oct. 28- Dec. 23 Fee: \$137.00

(No class November 25)



For more information call
(858) 876-5327 or
www.danceto evolve.com

ROCK 'n TUMBLE

Gymnastics

WEDNESDAYS

\$198/12 lessons

September 13 - December 6 (No class November 22)

Toddlers & Preschoolers

Our toddler and pre-school classes cater to children ages walking - 5 year. The program is designed to teach age appropriate gymnastics using fun progressions.

Pre Rollers: Walkers - 3 years

(Parent Participation required)

10 -10:45 am [43202]



ROCK 'n TUMBLE

Gym Rollers: 3- 4 years

11:00 - 11:45am [43201]

2:00 - 2:45pm [43196]

3:00 - 3:45pm [42414]



School Age Program

Our school age classes cater to boys and girls ages 4-12. Our non competitive program teaches technically correct gymnastics skills in a challenging but fun environment. Using Olympic event equipment: vault, bars, beam, floor and trampolene; our talented and experienced instructors will develop your child's strength, flexibility, agility, and confidence as a gymnast.

Pre Jumpers: 4 - 5 years

1:00 -2:00pm [43199]



Gym Jumpers: 5-7 years

1:00 - 2:00pm [43310]

2:00 - 3:00pm [43200]

3:00 - 4:00pm [43276]

Gym Jammers: 8-12 years

1:00 - 2:00pm [43198]

2:00 - 3:00pm [43197]

3:00 - 4:00pm [43273]



(8:1 Student/Teacher Ratio)

For more information contact
Rock and Tumble at (858) 487-7799
www.rockntumble.com

YOUTH & FAMILY CLASSES



COASTAL CANYON TANG SOO DO KOREAN KARATE

*Fitness, practical self-defense, and traditional
martial arts training for the whole family*



<p>TINY TIGER (4-5 yrs[*]) Positive, energetic, fun. Focus on safety skills Day: Monday Time: 5:00 - 5:45pm Session: Sept. 11 - Dec. 4 Fee: \$140 / 12 classes ON-LINE REGISTRATION CODE (43182)</p>	<p>LITTLE DRAGON (6-7 yrs[*]) Increase coordination and discipline. Skills for bullies, strangers, and emergencies. Day: Friday Time: 5:00 - 5:45pm Session: Sept. 15 - Dec. 8 Fee: \$110 / 9 classes ON-LINE REGISTRATION CODE (43179)</p>
<p>BEGINNER YOUTH GUP (8-9 yrs[*]) Specialized beginner program (white to green belt) for this age group. Day: Monday & Friday Time: 5:00 - 6:00pm Session: Sept. 8 - Dec. 15 Fee: \$270/ 24 classes ON-LINE REGISTRATION CODE (43180)</p>	<p>YOUTH GUP (9-12[*]) Enhance self-control, fitness, strength, and flexibility. Day: Monday & Wednesday Time: Beginner 6-7 pm; Intermediate 6-7:00 pm Session: Sept. 6 - Dec. 13 Fee: \$270/ 27 classes ON-LINE REGISTRATION CODE (43183)</p>
<p>TEEN & ADULT /INTERMEDIATE Improve health; enhance performance at work & school. Day: Monday/Wednesday/Friday Time: 6 - 7:30 pm Session: Sept. 6 - Dec. 15 Fee: \$300 / 38 classes ON-LINE REGISTRATION CODE (43181)</p>	<p>ADVANCED CLASS Advanced training for red belts and up. Day: Monday/Wednesday/Friday/Saturday Time: 6-8 PM MWF, 10:30-11:30 AM Saturday Session: Sept. 6 - Dec. 16 Fee: \$345/ 47 classes ON-LINE REGISTRATION CODE (43178)</p>

**Age may vary according to rank*

No class: 9/9, 9/22, 10/27, 10/28, 11/4, 11/10, 11/18-25, 12/2

Fitness, Safety, Fun - Skills for Life

Internationally accredited instructors and ranking

Contact Master Goodwin:

Coastal.canyon.tsd@gmail.com 858 356-9535 www.coastalcanyontsd.org



Carmel Mountain Preserve

Open Space Canyons are located throughout the City of San Diego and you may find one just beyond your own backyard. A map is available for locating a canyon close to you.
Trail maps are available in office for exploring what is right in your own community.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 235-1133 OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

YOUTH CONTRACTUAL/CITY CLASSES

ARTISTS STUDIO



Children are by nature creative and my job is simply to encourage the natural interest and curiosities that kids display. In these fun and creative themed art classes, children will ignite their imagination, develop concentration, build confidence, develop skills and have fun. Using real Artists materials including watercolors, tempera paints, oil pastels, children create masterpieces that are truly unique. Kids bring home a portfolio at the end of each session.

Session I - Sept 25 - Nov. 13 (43176)

Day: Monday
Time: 3:00pm - 4:00pm
Ages: 5 - 12 years old
Cost: \$189 (8 weeks)
Location: Meeting Room
Instructor: Anu Gujral



Minimum enrollment: 5 Maximum enrollment: 12

****Art Materials included in cost****

For more information contact
Anu Gujral 858-386-8923
Email: gujralanu@gmail.com

VOLUNTEER OPPORTUNITIES

Volunteers assist the City's workforce in enhancing services to the public by performing tasks beyond the capacity and scope of current City employees, including fundraising efforts. Volunteers are found supporting special populations; help with the success of various environmental, library, neighborhood youth and adult programs; and assist with parks and beach beautification projects. The City's volunteers represent the City's diversity; including seniors, minorities, students, professionals, families, active and non-active military, faith-based or community groups, to name a few. For more information contact the **Citywide Volunteer Office at volunteersd@sandiego.gov**

CIVIC DANCE ARTS

Founded in 1942, the Civic Dance Arts Program of the City of San Diego Park and Recreation Department has introduced hundreds of thousands of citizens to the art form of dance.



CLASS DAY: WEDNESDAY

3:30 - 4:15pm Pre Ballet (4 - 6 yrs)
 4:15 - 5:00pm Beg Tap 1B/2A (6 - 17 yrs.)
 5:00 - 5:45pm Beg Jazz 1B/2A (6 - 17 yrs.)

*** Classes and Times Subject to Change**
*** Contact Dance office for codes**

Registration: September 16, 2016 at 10:00 a.m.

For all Civic Dance Arts classes

All classes visible on sdreconnect on August 21
 Session Date - September 27- December 6

Fee: \$41.00 / 10 week session

Payable to City Treasurer

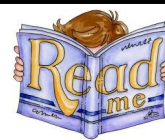
For more information contact the Dance Department at (619) 235-5255 or www.civildancearts.org

ADULT SPORTS LEAGUES

TORREY HILLS BIO -TECH
CO-ED SOFTBALL - PETE MCNAMARA
858-752-9757

ADULT BASKETBALL - TUESDAY NIGHT
ROB POWELL
WWW.SANDIEGOBASKETBALL.COM

BOOK NOOK



Parks and Recreation and the Library Department partner to provide lending libraries at recreation centers throughout the City. Our Book Nook is located inside our facility - check it out! We need your help obtaining donated books. We are hoping to fill the shelves with reading material for every age. Book donations can be dropped off at any neighborhood recreation center.

"Today a Reader — Tomorrow a Leader"

***MASTER SPORT CLASSES

Register Directly with Master Sports
WWW.MASTERSPORTS.COM

Skills Classes – Introduce - Develop - Master
Our Classes build self confidence, strength, coordination, skill, knowledge and a love of sport towards a goal of healthy, fun, athletic lifestyle.

Basketball - Mondays - Gymnasium

Ages: K - 6th Grade

Basketball SHOT REPS - Monday - Gymnasium

Thursday - Ages - 6 - 9th grade

Xtreme Dodgeball - Wednesday - Gymnasium

Ages - 1st - 4th Grade

Jr. Sports - Wednesday, Thursday and Saturdays

Passive Grass Area - Ages: 3 - 6

Soccer - Thursdays – Passive Grass Area

Ages: K - 6th Grade

Volleyball - Thursday - Gymnasium

Ages: 9-13 - Beginner/Intermediate



For more information and registration
contact Master Sports at 858-945-4889
www.mastersports.com

ACTIVE SENIOR ADULT PHYSICAL FITNESS CLASS

In partnership with Mira Costa College,
Ocean Air will be offering a Senior Adult Physical Fitness class.
This program was originally taught at the Carmel Valley Recreation Center for the past 9 years. Instructor led classes will be

Wednesday - Friday
8:45 - 10:00am

Ocean Air Gymnasium

*Tentative start dates

*Session 1

September 9 - October 13

*Session 2

October 25 - December 15

* No classes on November 10, 22, 24

To Register please go to Mira Costa College Website
<http://miracosta.augusoft.net/>

ENTER CLASS NUMBER
OR EMAIL LESLIE AT - lesiegl@gmail.com



***LITTLE RASCALZ CLASSES

Register Directly with Little Rascalz
WWW.LITTLERASCALZSOCCER.COM

NON-COMPETITIVE SOCCER CLASSES FOR CHILDREN UNDER 7

Our classes are unique. There is no substitution to this program and our highly effective methods. Our participation style of fun/teaching is completely one of a kind and we back that up with a 100% money back guarantee. Our classes are extremely entertaining & effective. Our child coach ratio is unparalleled and our class sizes are small.

Ages: 18 month - 7 years

Location - Passive area

Day:

Monday: Mommy n me & Regular class

Tuesday: Regular class & Vet's class

Friday: Regular class, Vets
class & Advanced class

Session: Sept. 5 - Oct. 28

For more details and lists of
classes in Carmel Valley
Call 619-309-9626 or visit
www.littlerascalzsoccer.com



Kurtis Swanberg's

LITTLE ROOKIES

T-BALL - PITCHING MACHINE AND SOFTBALL SCHOOL

The classes are designed to enhance the players skills and proper technique while learning all the fundamentals of the game. He will personally instruct the students in base-running, throwing, fielding, hitting, pitching and receiving the ball.

Wednesday - Passive Grass Area

Ages: 3 - 7 years

Sunday - South Softball Field

Ages: 3 - 7 years

For more info call the office at 858-344-7678 or **web-site** **www.littlerookiestballschool.com**



*Master Sports, Little Rascalz, Little Rookies T-Ball, SD Basketball.com, SD Rhythmic Gymnastics and Mira Costa College rent facility space from the City of San Diego at the Ocean Air Recreation Center to operate their programs. Distributing registration and program information is the responsibility of these individual businesses. **Please contact them directly for all program inquiries.**

CITY STAFF

AFTER SCHOOL PROGRAMS



KIDS WORLD

AFTERSHOOL HOMEWORK PROGRAM

Ocean Air Recreation Center is now offering homework club where your child can work on their assignments in a quiet, focused and supervised environment.

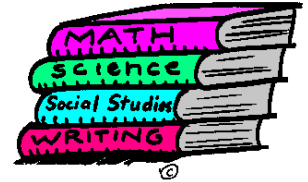
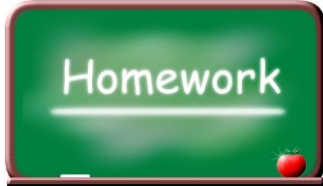
Day: Wednesday - **Time:** 1:00 - 2:00pm (Meeting Room)

Ages: 6 - 12 years

Cost: Free

Session: On Going

(A signed parent permission slip is needed).



Instructor: City Recreation Staff

KIDS WORLD

AFTERSHOOL RECREATION PROGRAM

Come check out our free minimum day afterschool program. Kids participate in a variety of recreation activities including, crafts, sports, seasonal and cultural programs.

Day: Wednesday

Time: 2:00 - 3:00pm (Meeting Room)

Ages: 6 - 12 years

Cost: Free

Session: On Going

(A signed parent permission slip is needed).

Instructor: City Recreation Staff



OCEAN AIR KIDS COOKING CLASS

This class is designed to teach children the basic fundamentals, preparation, nutrition, culture and safety of cooking.



When: Tuesday - **Time:** 3pm - 4pm

Ages: 8 - 12yrs - **Cost:** Free

Session I September 12 - October 17
On-Line Code (43203)

Session II - October 24 - December 5
On-Line Code (43204)

(A signed parent permission slip is needed)

*No Class on October 31 & November 21 - Minimum - 5 / Maximum 10 Participants

Instructor: City Recreation Staff



FALL

Directions: The words are hidden vertically and horizontally.

C	O	L	E	A	V	E	S	C	A	R	P	L	E
S	R	A	K	I	N	G	P	U	M	P	K	I	N
C	A	Y	T	R	E	Y	A	S	C	H	O	O	L
A	C	E	B	R	O	W	N	T	A	U	T	C	I
R	O	L	C	E	P	H	A	R	V	E	S	T	X
E	R	L	O	R	A	N	G	E	O	C	W	O	K
C	N	O	R	L	E	P	U	E	N	G	P	B	A
R	Y	W	N	C	O	S	Q	U	I	R	R	E	L
O	A	U	T	U	M	N	V	E	K	M	O	R	
W	N	V	E	C	A	R	N	I	V	A	L		
A	P	P	L	E	B	R	O	W	R	E	D		

HAPPY FALL!

Word Box:

October	leaves	acorn
autumn	tree	raking
scarecrow	red	school
harvest	yellow	apple
pumpkin	brown	corn
squirrel	orange	carnival